



BEDFORD
BOROUGH COUNCIL

Bedford Junior Aquathlon Swim & Run

RACE **TIME** RESULT

BETTER
the feel good place

Bedford Park & Robinson Pool



General Information & Rules / Regulations

These rules are written for children and their parents/guardians, and are intended to help make it a safe and enjoyable event.



BEDFORD BOROUGH COUNCIL
SPORTS DEVELOPMENT UNIT
Keeping Bedford Active



General Information

Bedford Junior Aquathlon – Robinson Swimming Pool

Meet in Robinson Pool reception area

1. What is an Aquathlon?

- 1.1 An Aquathlon is a continuous **SWIMMING** and **RUNNING** event. There is also a stage between the swimming and running called the transition (where you get changed and ready to run).

2. Where is the event?

- 2.1 The event will be based at Robinson Pool & Fitness for the swim, which is adjacent to Bedford Park where the run will take place, the park is traffic free, and most of the run will be on surfaced paths, but participants should be aware that part of the run will be on grass.

3. Who can take part?

- 3.1 This is a **JUNIOR** event and is open to anyone in the agreed age groups who wish to take part.
- 3.2 **YOU MUST BE ABLE TO SWIM WITH NO SWIM AIDS** & should be able to confidently swim the distance for your age group (see Rules & Regulations, Section 15).
- 3.3 We want to encourage as many people as possible to 'have ago' but organisers reserve the right to refuse entry to any participants they feel do not meet these necessary requirements.

4. Before the day...

- 4.1 In order to help us plan the event we need participants to tell us their estimated time for the swimming distance for their age group.
- 4.2 **YOU NEED TO TIME YOURSELF** for the number of lengths of Robinson Pool (for your age group) shown in the table (see Rules & Regulations Section 15) and write it on your registration form.
- 4.3 It doesn't matter if you don't swim that time on the day but it allows us to organise the race start times.
- 4.4 **IF YOU DO NOT FILL IN THIS PART OF THE ENTRY FORM WE CAN NOT ACCEPT YOUR SUBMISSION!**
The week before the event you will receive an email confirming your entry and advising your start times and details of the meeting point etc.

5. What will I need on the day?

- 5.1 You will need a swimming costume, goggles if you wish, and a towel. You will also need a t-shirt, training/running shoes and shorts/tracksuit bottoms/leggings for the run. You may also wear a number belt if you wish.
- 5.2 You should also bring fluids to keep yourself hydrated.
- 5.3 No jewellery should be worn by anyone competing in the Aquathlon.

6. On the day...

- 6.1 You will need to arrive in good time to register, where you will be given your number.
- 6.2 You **MUST** pin this to the **FRONT** of your running top/number belt. Please bring 4 safety pins with you.
- 6.3 It is vital that you make sure your race number is securely fastened to the front of your running top and that it can be seen at all times.
- 6.4 If we cannot see your number it may affect your finish place in the race.
- 6.5 All competitors will be given a certificate of participation and a medal at the end of the race.
All competitor's results/placing for each age group will be available on **www.bedford.gov.uk/sport** or **www.facebook.com/bedfordsportsdevelopment** on the following Monday afternoon in time order.

Rules & Regulations

1. General

- 1.1. Competitors and supporters must carry out all instructions from officials.
- 1.2. It is the responsibility of the Competitors/ Parents/Accompanying Adults to be prepared for an event and to ensure that the competitor's equipment and clothing is suitable and fit for its intended purpose.
- 1.3. Aquathlon events are individual. Any teamwork which provides an advantage over other competitors is forbidden.
- 1.4. Medical personnel have absolute authority to remove a competitor from the race who in their opinion is physically incapable of continuing.

2. Parents / Guardians / Accompanying Adults

- 2.1. Parents/Guardians/Accompanying Adults must carry out all instructions from officials.
- 2.2. Parents/Guardians/Accompanying Adults must conduct themselves in a proper manner and not bring the sport into disrepute.
- 2.3. Infringement of the following will result in disqualification of the competitor:
 - foul or abusive language;
 - failing to treat officials with respect;
 - failing to obey marshals;
 - outside assistance;
 - tampering with the equipment of others;
 - unsporting impudence.
- 2.4. Parents/Guardians/Accompanying Adults must not hand water bottles or any other equipment to competitors during the event.

3. Conduct

Competitors must conduct themselves in a proper manner and not bring the sport into disrepute. Infringement of any of the following carries the penalty of disqualification from the event.

- 3.1. All competitors, officials, volunteers and spectators must be treated with respect and courtesy.
- 3.2. Foul or abusive language is not permitted.
- 3.3. Standards of dress should be adequate as befits a public place i.e. no public nudity.

4. Race Conduct

- 4.1. All competitors must wear any official numbers provided by the race organiser.
- 4.2. Competitors must be adequately clothed at all times, the minimum being a one or two piece non-transparent swimsuit together with a running top/t-shirt and/or number belt for the running section of the event.

5. Swimming

- 5.1. Competitors shall, at all times, swim so that they do not deliberately obstruct or interfere with other competitors. Making contact other than by accident shall be declared unsporting impedance and lead to disqualification.

6. Safety Provision - Swimming Section

- 6.1. No diving is permitted.
- 6.2. No competitor shall be permitted to continue who, in the opinion of the race officials is unfit to do so.

7. Race Numbers

- 7.1. Competitors must wear the race number provided by the organisers unaltered throughout the running section of the event. It must be worn on the front and must be attached at all four corners or attached to a number belt.
- 7.2. It is the competitors responsibility to ensure the race number is visible at all times. Failure to ensure the race number is visible will result in a non valid finishing time.

8. Completing the Course

- 8.1. To finish the race every competitor must complete the marked course as instructed by race officials.

9. Running

- 9.1. No form of locomotion other than running or walking is permitted.
- 9.2. No individual support/pacing by bicycles or on foot is permitted, except where provided by the organiser.
- 9.3. All competitors must wear swimming suits (see race conduct), suitable footwear, and have their unaltered race number securely fixed at all four corners and clearly visible on the front of the vest/t-shirt or number belt.
- 9.4. Competitors must follow the directions and instructions from any race official.

10. Transition Areas

In order to avoid accidents, safeguarding equipment and protect personel posessions, competitors must not bring helpers, friends or family members into any transition area when the race is in progress.

- 10.1. No assistance other than that provided by the organisers is permitted.
- 10.2. Competitors equipment must be placed in the allotted space and not where it may hinder the progress of other competitors.
- 10.3. Competitors must not interfere with another competitor's equipment in the transition area.
- 10.4. Clothing must be placed in the competitors allotted space in the transition area.

11. Race Referee

- 11.1. The referee, with the race organiser, shall have full jurisdiction over the event. If necessary, and with the advice of safety experts, the referee shall have the power to cancel or curtail an event on safety grounds. The race referee shall chair any race inquiry.

12. Penalties

- 12.1. Competitors may only be penalised by the race referee.
- 12.2. Penalties may be issued or disqualifications given at any time up to the announcement of the final results.
- 12.3. The following penalties will be imposed for infringements.
- 12.3.1. Disqualification:
- Abusive language;
 - Diving;
 - Failing to obey marshals;
 - Nudity;
 - Outside assistance (other than that given by the organiser);
 - Tampering with the equipment of others;
 - Unsporting impedance.
- 12.3.2. Formal Warning
If the fault is not rectified after a warning the ultimate sanction is Disqualification:
- Illegal equipment (swim or run);
 - Illegal progress (during the swim or run);
 - Topless.
- 12.3.3. Time Penalty
The time penalty for each age category is as follows:
- Year 3 - 30 seconds;
 - Years 4 & 5 - 30 seconds;
 - Years 6 & 7 - 40 seconds;
 - Years 8 & 9 - 50 seconds;
 - Years 10 & 11 - 50 seconds.
- The time penalties will be imposed for numerous violations (not able to be rectified after a formal warning).
- 12.3.4. Course irregularities result in disqualification unless the competitor returns to the point at which she/he left the course, or a point on the course prior to it, and then completes the course.

13. Appeals

- 13.1. Appeals can be made against fellow competitors, other parties involved and the race organisation.
- 13.2. An appeal is a request for a review of a decision made by a referee.
- 13.3. Appeals cannot be made against 'judgement calls' by officials. Judgement calls include, but are not limited to unsporting conduct.
- 13.4. Appeals must be made in writing within one hour of a penalty being notified.
- 13.5. The race jury shall consist of the race referee, the race organiser and one other responsible member of the organisation appointed by the referee.

14. Age Categories

- 14.1. The following age categories will apply.

Category	School Year (September 2025)
Tristar Start	Year 3
Tristar 1	Years 4 & 5
Tristar 2	Years 6 & 7
Tristar 3	Years 8 & 9
Tristar 4	Years 10 & 11

- 14.2. Current school year from September 2025.

15. Race Distances

- 15.1. The following race distances are applicable to each age group:

Category	School Year	Swim	No. of Lengths	Run (approx.)
Tristar Start	Year 3	66 metres	2	600 metre
Tristar 1	Years 4 & 5	133 metres	4	1.2 km
Tristar 2	Years 6 & 7	200 metres	6	1.9 km
Tristar 3	Years 8 & 9	333 metres	10	2.8 km
Tristar 4	Years 10 & 11	400 metres	12	2.8 km

For more information

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